



KLRN's Women's Health Conference is designed to empower women with knowledge to help them make choices about their health. National and local speakers have addressed women's health topics including osteoporosis, exercise, heart disease, weight management, menopause, alternative medicine, diabetes, stress & anxiety, sex/body image and financial health.

**Henry B. Gonzalez Convention Center**

**San Antonio, Texas**

**Saturday, September 11, 2004**

**7:30 a.m. – 4 p.m.**

**\$45/person**

**Discount Price for City Employees: \$40.50**

**INCLUDES:**

**Continental Breakfast**

**Luncheon**

**Gift Tote Bag**

**Educational Breakout Sessions**

**Informational Booths**

**Dynamic Keynote Speakers**

**Health Screenings**

***Call 210.270.9000 or visit [klrn.org](http://klrn.org) for tickets and more information.***

**Keynote Speakers**



**Silvia Jimenez, M.D.**  
***Stay Younger Longer***

*Did you know that only 35 percent of the aging process is genetic? We have control over the other 65 percent. Dr. Jimenez will share with you some action steps to take to stay younger longer.*



**Leigh Anne Jasheway-Bryant, M.P.H.**  
***Laugh Lines Are Beautiful***

*Join Leigh Anne for a hilarious look at how to find your funny bone and use it to improve your health and get a new perspective on your life. You'll leave refreshed, rejuvenated, and with tears of laughter streaming down your face.*

**All Proceeds Benefit KLRN Public Television**